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MTS **sdmts.com**

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Buses on all MTS routes are accessible via lift or ramp.
Autobuses en todas las rutas de MTS son accesibles mediante un ascensor o rampa.

Alternative formats available upon request. Call: (619) 557-4555.
Formato alternativo disponible al preguntar. Llamar: (619) 557-4555.

Effective January 25, 2026

944

Sabre Springs ↔ Poway
via Poway Road

945

Rancho Bernardo ↔ Poway High School
via Pomerado Road / Poway Road

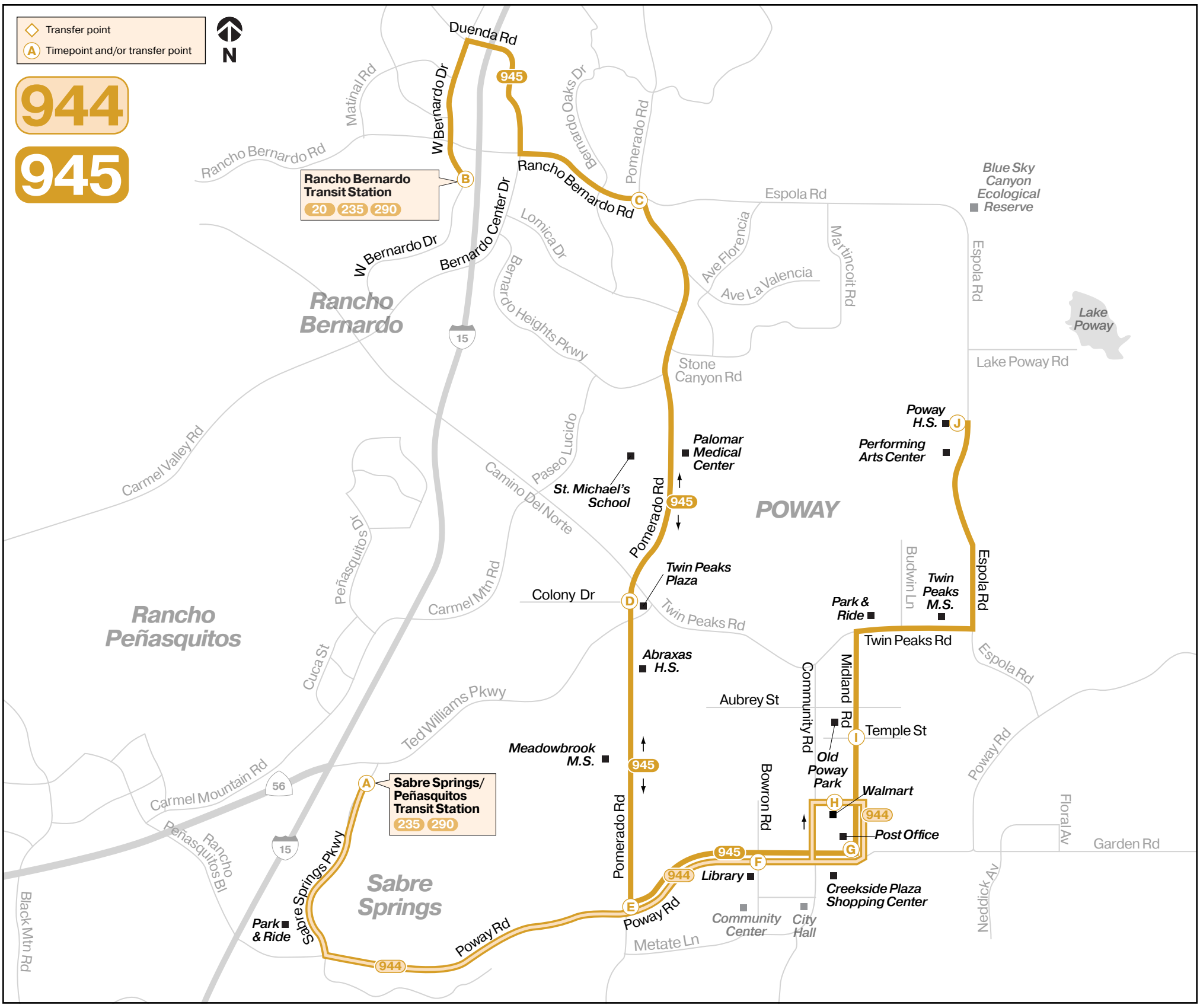
Destinations

- Abraxas High School (945)
- Rancho Bernardo Transit Station
- Sabre Springs / Peñasquitos Transit Station
- Meadowbrook Middle School (945)
- Palomar Medical Center (945)
- Poway High School (945)
- Twin Peaks Plaza (945)
- Poway Library

Bus Routes

MTS

Subject to change without notice
Sujeto a cambios sin previo aviso



944 Saturday • *sábado*

Sabre Springs → Poway

A Sabre Springs/Peñasquitos Transit Station **DEPART**	E Poway Rd. & Pomerado Rd.	F Poway Rd. & Bowron Rd.	H Hilleary Pl. (Walmart) **ARRIVE**
6:34a	6:42a	6:45a	6:49a
7:34	7:43	7:47	7:51
8:35	8:44	8:48	8:52
9:35	9:44	9:48	9:52
10:35	10:44	10:48	10:52
11:35	11:44	11:48	11:52
12:35p	**12:44p**	**12:48p**	**12:52p**
1:35	**1:44**	**1:48**	**1:52**
2:35	**2:44**	**2:48**	**2:52**
3:36	**3:45**	**3:49**	**3:53**
4:36	**4:45**	**4:49**	**4:53**
5:36	**5:45**	**5:49**	**5:53**
6:36	**6:44**	**6:47**	**6:51**

Poway → Sabre Springs

H Hilleary Pl. (Walmart). **DEPART**	F Poway Rd. & Bowron Rd.	E Poway Rd. & Pomerado Rd.	A Sabre Springs/Peñasquitos Transit Station **ARRIVE**
6:03a	6:06a	6:09a	6:18a
7:00	7:04	7:08	7:18
8:00	8:04	8:08	8:18
9:00	9:04	9:08	9:18
10:02	10:06	10:10	10:20
11:02	11:06	11:10	11:20
12:02p	**12:06p**	**12:10p**	**12:20p**
1:02	**1:06**	**1:10**	**1:20**
2:02	**2:06**	**2:10**	**2:20**
3:02	**3:06**	**3:10**	**3:20**
4:02	**4:06**	**4:10**	**4:20**
5:02	**5:06**	**5:10**	**5:20**
6:04	**6:07**	**6:11**	**6:20**

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944 Monday through Friday • *lunes a viernes*

Sabre Springs → Poway

A Sabre Springs/Peñasquitos Transit Station **DEPART**	E Poway Rd. & Pomerado Rd.	F Poway Rd. & Bowron Rd.	H Hilleary Pl. (Walmart) **ARRIVE**
5:34a	5:42a	5:46a	5:50a
6:31	6:39	6:43	6:47
7:07	7:16	7:20	7:25
7:39	7:48	7:52	7:57
8:09	8:18	8:22	8:27
8:39	8:48	8:52	8:57
9:09	9:18	9:22	9:27
9:39	9:48	9:52	9:57
10:09	10:18	10:22	10:27
10:34	10:43	10:47	10:52
11:04	11:13	11:17	11:22
11:34	11:43	11:47	11:52
12:19p	**12:28p**	**12:32p**	**12:37p**
12:49	**12:58**	**1:02**	**1:07**
1:19	**1:28**	**1:32**	**1:37**
1:49	**1:59**	**2:04**	**2:09**
2:19	**2:29**	**2:34**	**2:39**
2:48	**2:58**	**3:03**	**3:08**
3:12	**3:22**	**3:27**	**3:32**
3:42	**3:52**	**3:57**	**4:02**
4:12	**4:22**	**4:27**	**4:32**
4:42	**4:52**	**4:57**	**5:02**
5:12	**5:22**	**5:27**	**5:32**
5:42	**5:52**	**5:57**	**6:02**
6:12	**6:21**	**6:25**	**6:30**
6:45	**6:53**	**6:57**	**7:01**
7:15	**7:23**	**7:27**	**7:31**
7:15	**7:23**	**7:27**	**7:31**

Poway → Sabre Springs

H Hilleary Pl. (Walmart). **DEPART**	F Poway Rd. & Bowron Rd.	E Poway Rd. & Pomerado Rd.	A Sabre Springs/Peñasquitos Transit Station **ARRIVE**
5:04a	5:07a	5:10a	5:19a
6:04	6:07	6:10	6:19
6:37	6:40	6:43	6:52
7:04	7:08	7:12	7:22
7:34	7:38	7:42	7:52
8:05	8:09	8:13	8:23
8:35	8:39	8:43	8:53
9:04	9:08	9:12	9:22
9:34	9:38	9:42	9:52
10:04	10:08	10:12	10:22
10:34	10:38	10:42	10:52
11:04	11:08	11:12	11:22
11:34	11:38	11:42	11:52
12:19p	**12:23p**	**12:27p**	**12:37p**
12:49	**12:53**	**12:57**	**1:07**
1:19	**1:23**	**1:27**	**1:37**
1:49	**1:53**	**1:57**	**2:07**
2:15	**2:19**	**2:24**	**2:35**
2:45	**2:49**	**2:54**	**3:05**
3:12	**3:16**	**3:21**	**3:32**
3:38	**3:42**	**3:47**	**3:58**
4:08	**4:12**	**4:17**	**4:28**
4:41	**4:45**	**4:50**	**5:01**
5:11	**5:15**	**5:20**	**5:31**
5:43	**5:47**	**5:51**	**6:01**
6:15	**6:19**	**6:23**	**6:33**
6:44	**6:48**	**6:52**	**7:02**
6:44	**6:48**	**6:52**	**7:02**

945 Saturday • *sábado*

Rancho Bernardo → Old Poway

B Rancho Bernardo Transit Station **DEPART**	C Pomerado Rd. & R. Bernardo Rd.	D Pomerado Rd. & Colony Dr.	E Poway Rd. & Pomerado Rd.	G Midland Rd. & Poway Rd.	I Temple St. & Midland Rd. **ARRIVE**
6:42a	6:52a	6:59a	7:06a	7:14a	7:18a
7:27	7:37	7:44	7:52	8:01	8:05
8:12	8:22	8:29	8:37	8:46	8:50
8:57	9:07	9:14	9:22	9:31	9:35
9:42	9:52	9:59	10:07	10:16	10:20
10:27	10:37	10:44	10:52	11:01	11:05
11:12	11:22	11:29	11:37	11:46	11:50
11:57	**12:07p**	**12:14p**	**12:22p**	**12:31p**	**12:35p**
12:42p	**12:52**	**12:59**	**1:07**	**1:16**	**1:20**
1:27	**1:37**	**1:44**	**1:52**	**2:01**	**2:05**
2:12	**2:22**	**2:29**	**2:37**	**2:46**	**2:50**
2:57	**3:07**	**3:14**	**3:22**	**3:31**	**3:35**
3:43	**3:53**	**4:00**	**4:08**	**4:17**	**4:21**
4:28	**4:38**	**4:45**	**4:53**	**5:02**	**5:06**
5:13	**5:23**	**5:30**	**5:38**	**5:47**	**5:51**
5:58	**6:08**	**6:15**	**6:23**	**6:32**	**6:36**
6:58	**7:08**	**7:15**	**7:22**	**7:30**	**7:34**

Old Poway → Rancho Bernardo

I Temple St. & Midland Rd. **DEPART**	G Midland Rd. & Poway Rd.	E Poway Rd. & Pomerado Rd.	D Pomerado Rd. & Colony Dr.	C R. Bernardo Rd. & Pomerado Rd.	B Rancho Bernardo Transit Station **ARRIVE**
6:41a	6:44a	6:50a	6:56a	7:03a	7:12a
7:26	7:29	7:35	7:41	7:48	7:57
8:09	8:12	8:18	8:25	8:32	8:42
8:56	8:59	9:05	9:12	9:19	9:29
9:41	9:44	9:50	9:57	10:04	10:14
10:26	10:29	10:35	10:42	10:49	10:59
11:10	11:13	11:19	11:26	11:34	11:44
11:55	11:58	**12:04p**	**12:11p**	**12:19p**	**12:29p**
12:40p	**12:43p**	**12:49**	**12:56**	**1:04**	**1:14**
1:25	**1:28**	**1:34**	**1:41**	**1:49**	**1:59**
2:10	**2:13**	**2:19**	**2:26**	**2:34**	**2:44**
2:55	**2:58**	**3:04**	**3:11**	**3:19**	**3:29**
3:40	**3:43**	**3:49**	**3:56**	**4:04**	**4:14**
4:25	**4:28**	**4:34**	**4:41**	**4:49**	**4:59**
5:10	**5:13**	**5:19**	**5:26**	**5:34**	**5:44**
5:55	**5:58**	**6:04**	**6:11**	**6:19**	**6:29**

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945 Monday through Friday • *lunes a viernes*

Rancho Bernardo → Poway High School

B Rancho Bernardo Transit Station **DEPART**	C R. Bernardo Rd. & Pomerado Rd.	D Pomerado Rd. & Colony Dr.	E Poway Rd. & Pomerado Rd.	G Midland Rd. & Poway Rd.	I Temple St. & Midland Rd.	J Poway High School **ARRIVE**
5:52a	6:01a	6:08a	6:15a	6:24a	6:27a	—
6:22	6:31	6:38	6:45	6:54	6:57	P 7:07a
6:48	6:57	7:04	7:11	7:20	7:23	—
—	—	—	T 7:38	7:48	7:51	8:08
7:18	7:28	7:35	7:43	7:53	7:56	P 8:13
7:51	8:01	8:08	8:16	8:26	8:29	—
8:21	8:31	8:38	8:46	8:56	8:59	—
8:52	9:02	9:09	9:17	9:27	9:30	—
9:22	9:32	9:39	9:47	9:57	10:00	—
9:57	10:07	10:14	10:22	10:32	10:35	—
10:27	10:37	10:44	10:52	11:02	11:05	—
10:56	11:06	11:13	11:21	11:31	11:34	—
11:26	11:36	11:43	11:51	**12:01p**	**12:04p**	—
11:56	**12:06p**	**12:13p**	**12:21p**	**12:31**	**12:34**	—
12:26p	**12:36**	**12:43**	**12:51**	**1:01**	**1:04**	—
12:57	**1:07**	**1:14**	**1:22**	**1:32**	**1:35**	—
1:27	**1:37**	**1:44**	**1:52**	**2:02**	**2:05**	—
1:57	**2:07**	**2:14**	**2:22**	**2:32**	**2:35**	—
2:27	**2:37**	**2:44**	**2:52**	**3:02**	**3:05**	—
3:02	**3:12**	**3:19**	**3:27**	**3:37**	**3:40**	—
4:02	**4:12**	**4:19**	**4:27**	**4:37**	**4:40**	—
4:34	**4:44**	**4:51**	**4:59**	**5:09**	**5:12**	—
5:04	**5:14**	**5:21**	**5:29**	**5:39**	**5:42**	—
5:34	**5:44**	**5:51**	**5:59**	**6:09**	**6:12**	—
6:04	**6:14**	**6:21**	**6:29**	**6:39**	**6:42**	—
6:37	**6:47**	**6:54**	**7:02**	**7:12**	**7:15**	—
7:07	**7:16**	**7:23**	**7:30**	**7:39**	**7:42**	—
7:47	**7:56**	**8:03**	**8:10**	**8:19**	**8:22**	—

Poway High School → Rancho Bernardo

J Poway High School **DEPART**	I Temple St. & Midland Rd.	G Midland Rd. & Poway Rd.	E Poway Rd. & Pomerado Rd.	D Pomerado Rd. & Colony Dr.	C R. Bernardo Rd. & Pomerado Rd.	B Rancho Bernardo Transit Station **ARRIVE**
—	5:39a	5:42a	5:49a	5:55a	6:02a	6:12a
—	6:35	6:38	6:45	6:51	6:58	7:08
—	7:36	7:39	7:47	7:53	8:01	8:11
—	8:06	8:09	8:17	8:23	8:31	8:41
—	8:36	8:39	8:47	8:53	9:01	9:11
—	9:10	9:13	9:21	9:27	9:35	9:45
—	9:40	9:43	9:51	9:57	10:05	10:15
—	10:10	10:13	10:21	10:27	10:35	10:45
—	10:41	10:44	10:52	10:58	11:06	11:16
—	11:11	11:14	11:22	11:28	11:36	11:46
—	11:39	11:43	11:51	11:57	**12:05p**	**12:16p**
—	**12:09p**	**12:13p**	**12:21p**	**12:27p**	**12:35**	**12:46**
—	**12:39**	**12:43**	**12:51**	**12:57**	**1:05**	**1:16**
—	**1:09**	**1:13**	**1:21**	**1:27**	**1:35**	**1:46**
—	**1:43**	**1:47**	**1:55**	**2:01**	**2:09**	**2:20**
—	**2:13**	**2:17**	**2:25**	**2:31**	**2:39**	**2:50**
—	**2:44**	**2:48**	**2:56**	**3:02**	**3:10**	**3:21**
—	**3:14**	**3:18**	**3:26**	**3:32**	**3:40**	**3:51**
—	**3:44**	**3:48**	**3:56**	**4:02**	**4:10**	**4:21**
T **3:54p**	**4:11**	**4:15**	**4:23**	**4:29**	**4:37**	—
P **3:59**	**4:16**	**4:20**	**4:28**	**4:34**	**4:42**	**4:53**
—	**4:46**	**4:50**	**4:58**	**5:04**	**5:12**	**5:23**
—	**5:18**	**5:22**	**5:30**	**5:36**	**5:44**	**5:55**
—	**5:48**	**5:52**	**6:00**	**6:06**	**6:14**	**6:25**
—	**6:18**	**6:22**	**6:30**	**6:36**	**6:44**	**6:55**
—	**7:02**	**7:05**	**7:12**	**7:18**	**7:25**	**7:35**

P = Trip serves Poway High School only when schools are in regular session. / *Viaje de ruta ofrece servicio a la escuela Poway High School únicamente cuando las clases se imparten con normalidad.*
T = Trip operates only when Poway High School is in regular session / *Viaje de ruta opera únicamente cuando la escuela Poway High School está en horario lectivo regular.*

MTS Rider Insider

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